

WOMAN'S VARIED INTERESTS—NEGLECT OF THE SPIRITUAL SIDE OF ONE'S NATURE

THE GIRL WHO IS A WASTER—PRODIGAL OF HERSELF!

The Foolish Virgin Who Dwarfs Her Spiritual Nature—Suffrage in Its Relation to the Greater National Issue

ARE you prodigal of that most precious possession—yourself? Many of us save in many ways, but waste ourselves in trifles, things which are not in the least essential, utterly ignoring the fact that in doing so we are overloading with waste material the only mind we possess, or distorting and warping the only spiritual side of us, forgetting that we are not an "open pattern" and cannot be matched up when there is a break.



It's good always to face questions boldly—and sometimes hats. This one is faced in a very bright green.

While still at school, it is such an easy matter for a girl who is a little above the average in intelligence to loaf along all the year and cram at the end in order to get through. She rather congratulates herself when she succeeds, and the next year history repeats itself. But later in life she awakens to the realization of those lost hours of study, the days she should have spent absorbing the little apparently unimportant facts which later would prove of inestimable value to her.

This girl is wasting herself no more than the girl who secures a comfortable position and then is content to sit back and hold the same place for years and years, because it allows her time to knit or to read her favorite motion picture magazine, rather than try for a harder and better job.

NOR are either of them as wasteful as the girl who should be richly endowed spiritually, yet who prefers to degrade herself by unworthy associations or by unhealthy reading until her nature becomes atrophied.

Too much stress cannot be laid on bodily health in addition to spiritual. It cannot be denied that the one is conducive to the other. But remember that just as your own body is yours to keep in good physical condition, so your mind and spirit should be forced to a realization of the things that count.

NAPOLEON is credited with the remark, made to a brilliant French woman, that women ought not to interest

themselves in politics, to which she, with memories of the French Revolution, very cleverly retorted: "Sir, when women are liable to have their heads cut off it is natural that they should wish to know the reason."

This at the present time, when so direct a tax as the income tax is the subject of much discussion, seems particularly applicable. But just as war stimulates in women an interest in public questions and with it the suffrage, so men may be brought to the conviction that, as women are sharing the burdens, they should also in all fairness share the ballot.

It seems hideously unfair to all women in the United States that a few hysterical members of their sex can, by their ill-judged picketing of the White House, jeopardize the whole splendid suffrage movement.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only and signed with the name of the writer. Special queries like "Does your sewing machine have a foot?" are not answered unless they are of general interest. All correspondence for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

- 1. How can hot brown bread be best cut?
2. How can biscuit be raised quickly?
3. What is the best way to can berries, peaches, pears, pears, asparagus, tomatoes and beans to retain their flavor?

- 1. When a widow remarries should her deceased husband's family be invited to the wedding?
2. On which side of the church should members of the family of the bride's deceased husband sit?
3. Should members of a bridal party wear hats when attending a church wedding rehearsal in the evening?

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. To retain the shape of soft fruit in preserving put alternate layers of it with the sugar in the cooking receptacle, and let stand overnight before cooking.
2. Grape juice should be heated to a temperature varying from 165 degrees to 174 degrees; the temperature should not be allowed to reach 200 degrees, or the flavor will be impaired.
3. The skins of beets should not be removed before boiling. If the color of the beet is to be preserved.

- 1. Hard water can be softened for use on the skin by the addition of powdered borax. Borax added to the water is also efficacious.
2. A rose sachet can be made by mixing four ounces powdered Florence arsis, ten ounces dried rose leaves, ten grams scented musk and one ounce lavender flowers. Pass through sieve and cork.
3. Hangnails are caused by dryness of the skin around the nails, causing it to crack and form loose pieces of cuticle.

Games for Independence Day

To the Editor of Woman's Page: Dear Madam—Will you please print some games to be played by a number of young people at an outdoor entertainment on the Fourth of July? An archery or a dart-throwing contest in good fun. Young people have so many special games need to be provided. Checkers, baseball games between the boys and girls, croquet golf and other amusements are suitable.

To the Editor of Woman's Page: Dear Madam—Please suggest some games to be played by older people at a party on July 4. Mrs. EDWARD R. RICE.

Substitute for Potatoes: Dear Madam—Can you suggest to me some substitutes for potatoes, vegetables which are served instead of them? MRS. M.

If you want games to be played indoors or while sitting down these suggestions may prove helpful: Let each player, after paper and pencils have been distributed, think up the name of a patriot, then jumble it. When the signal is given each player passes his paper to his neighbor, who tries until the name is given the word. This is repeated until each paper has gone the rounds and the answers are written down one at a time. A good idea is to lend a little atmosphere to the affair by having a drum beaten by some one to give the signals. Another game is to choose twenty portraits of patriots. These can be secured from old magazines or in penny prints from the shops. Mount them on cards and number them after carefully removing the names. Award a prize for the one who makes the greatest number of correct guesses. For another quiet game take partners, then distribute cards one to each couple, on which is written a portion of the "Star Spangled Banner," with the adjectives missing and blank spaces for the verbs if preferred. Then each couple must fill in the spaces.

Have you ever tried combining corn with cheese as you do macaroni? Specialists for the United States Department of Agriculture have evolved the following dish, which is said to be delicious.

To Join Red Cross

To the Editor of Woman's Page: Dear Madam—I am ten years old and would like you to answer a few questions for me concerning Red Cross uniforms. Can you tell me how to get them? I would like to have one. FRED.

You can join the American Red Cross at 321 South Eighteenth street, the headquarters in this city, or at any one of the numerous branches. There is a nominal sum charged, I believe, for the uniforms, although you can secure more definite information at the office.

Formula for Camphor Ice: To the Editor of Woman's Page: Dear Madam—Please publish directions for making camphor ice. L. S. L.

Two ounces oil of sweet almonds, four ounces spermaceti, two ounces white wax, one-half ounce camphor. Melt these ingredients over a water bath. When mixed place in a mold.

Put a layer of the boiled sump in a baking dish or casserole. Add a layer of sauce and so on alternately until the material is all used. Sprinkle bread crumbs over the top layer of sauce and cook in a medium oven until the crumbs brown.

Gown for Out-of-Door Wedding: To the Editor of Woman's Page: Dear Madam—How should one dress when attending a wedding at 4 o'clock, which is to take place in the afternoon? The bride's home is to be a reception afterward. HELEN.

Two teaspoonful butter, two tablespoonful flour, one cupful finely cut cheese, one teaspoonful salt, one-quarter teaspoonful mustard, pepper or paprika. Mix the seasonings with the dry flour. Add enough milk to form into a smooth paste. Add the remainder of the milk and heat in a steamer, stirring constantly until thick. Add the cheese and stir until it is thoroughly melted.

Knitted Sweater: To the Editor of Woman's Page: Dear Madam—Please give me directions for knitting a slip-on sweater, also the pattern of white sweater. ADELE MCG.

Rust on Buckskin Pumps: To the Editor of Woman's Page: Dear Madam—What will remove heavy rust marks from white buckskin pumps? M. S.

The only treatment which will remove all superfluous hair from the face, neck, arms or any part of the body, leaving no mark or blemish on the most delicate skin, is electrolysis. It is a safe, scientific procedure, and is used exclusively by Dr. Margaret Rapoport's Electrolysis.

PREPARING FOOD FOR HUNGRY SCHOOL ARMY



CITY "HOUSE MOTHER" CANS AND DRIES FOOD

Miss Smedley, Supervisor of School Luncheons, Prepares for Next Session

APPARATUS IS SIMPLE Electric Fan Evaporates Fruit and Vegetables Placed on Trays

Miss Emma Smedley, supervisor of the Department of School Luncheons, and an electric fan are collaborating. And there's one thing sure: The great army of little wrigglers who forget they've had breakfast by 10 o'clock and who begin to look at the school clock at 11 with an eye to more sustenance aren't going to feel the pinch of wartime hunger when 12 o'clock comes around next year.

Miss Smedley has just launched a conservation campaign in the interests of the hundreds of little public school boys and girls who are lucky enough to tuck their bits in at any of her forty school lunch-rooms. All summer long she and a goodly number of 145 able-bodied men in her department will stay in the hot city and can and dry fruits and vegetables to be consumed by her little charges next year.

A high light and a very important factor in the preparation drive is the electric fan, which is part of a drying apparatus, the model for which Miss Smedley secured from the Department of Agriculture in Washington.

Explained during a canning session in the West Philadelphia High School, to find out from headquarters exactly what the best and most economical drying process was. The result was this, or at least a model of this—the boys in the manual training department of the Northeast High School, working under the current from the electric fan, is loaded with delectables directly culled from the June sunshine.

The plan is very simple," she said; "the frame is just a series of trays fastened in a frame work. The things to be dried are put on the trays and the electric fan, which is as you see placed so that its current of air will pass through, does the rest of the work."

The simplicity and directness of the drying machine "discovered" by Miss Smedley in Washington is characteristic of the organization of her entire canning campaign. Realizing that ripening fruit and vegetables wait for no man, Miss Smedley has her corps of assistants so at all that she can send forth through her secretary an SOS for hunchmen in one hour and have them in the school kitchen within the next two. The pledge of her assistants has been given in the summer's time belongs to the embryo little citizens who in spite of war must eat and grow up properly.

At least in dealing with these future upholders of American liberty, Miss Smedley is working against odds—aluring her sugared odds that sell for a penny a stick, gloriously colored pieces, and tempt small persons to find their non-day meal therein. It is said, however, that this corner candy store is being given a run for its money.

LADIES' SILK HOSE

Best quality silk; black, white and colors. 59c Special Value. Also full line of ladies', children's and men's hose. McPhilly's, 1624 Market St. Next to Stanley Theatre. Open Evenings. Recent Tuesday and Wednesday.

MIRITA Superfluous Hair Remover

The only treatment which will remove all superfluous hair from the face, neck, arms or any part of the body, leaving no mark or blemish on the most delicate skin, is electrolysis. It is a safe, scientific procedure, and is used exclusively by Dr. Margaret Rapoport's Electrolysis.

THE CHEERFUL CHERUB

I bet that Hamlet liked his woe. The more they came and worse. I think that I'd enjoy mine too. If I could talk blank verse.



LEAVES BABY WITH STRANGER

Police Hunt Young Woman Who Gave Child to Girl

A tall, dark young woman gave a three-month-old baby boy to twelve-year-old Dorothy Slamenoki, of 1924 North Tatton street, last yesterday afternoon at the Diamond street entrance to Fairmount Park, asking her to hold it until she got a drink. The woman went away and did not return. The little girl called a park guard and gave the child to him. It was later sent to the Philadelphia Hospital. The park and city police are hunting the woman.

OUTING FOR MOTHERS

250 Women and Their Children Spend Day in Hunting Park

More than 250 women, with their children, are having an outing at Hunting Park today as guests of the mothers' clinic of the Children's Homeopathic Hospital, at Franklin and Thompson streets. The clinic will care for the small children while the larger ones accompany their mothers, so that the women may not be hampered in their frolics. If it can be arranged, these outings will be held weekly during the summer.

The clinic holds regular meetings at the hospital, where mothers may receive much valuable information free of charge. The summer clinics are generally largely attended, and the physicians have many problems of health and economics on their hands.

Le Perle Face Powder

The most delicious toilet requisite for summer use. Will please the most fastidious taste. 35c and 65c per box. At all best shops; by mail prepaid. Mrs. C. Wood, COMPLEXION EXPERT and Mrs. Esquiste Toilet Preparations, Suite 706-707, Flinders Bldg., Phila., Pa. Estab. 1891.

"MA" SUNDAY'S INTIMATE TALKS

The wife of the famous evangelist discusses everyday topics in a helpful and wholesome way.

A HARD-WORKING little mother came to me the other day, swore me to secrecy and confidentially asked my advice in her dilemma. Her daughter, a fine, high-minded girl, just graduated from business college, had been delighted when, a week previous, she had succeeded in obtaining a position at a good salary with a well-known law firm.



They treated her with the utmost courtesy and respect. Seemingly, she had nothing to complain of, and yet the mother noticed that, when her daughter came home at night, her usually clear, open countenance wore a furtive, pained expression as if she had had some kind of a shock. She questioned the girl closely, and finally her daughter broke down and cried: "Oh mother, I never knew such dreadful things could exist as I have learned in the last few days. My employers are just as nice to me as they can be, but they are divorce lawyers, and part of my work is to type the intimate details and reports they get from their detectives and others, as evidence in their cases. These details are often of such character that the newspapers wouldn't print them. I feel as though I have been snatched even in typing them, and I am so ashamed and troubled about it when I get through that

I cannot look my employers or even my mother dear, in the face!"

The poor parent didn't know what to do. Her daughter could not afford to be without a position, and competition was keen. If she changed, she might be jumping from bad to worse, and get a place where she was in an even worse environment. What ought she to do about it?

I told the perplexed mother that, no matter what privations she and her daughter had to endure for the time being, not to let the girl stay in the divorce office a moment longer; that it was a position for a man stenographer and not an innocent girl; that the moral effect of having to transcribe the oftentimes unpalatable details connected with many divorce cases, especially in New York State, would be a far greater injury to her character than any physical privations.

The Mothers

What of the Sons that go to War And the Mothers they leave behind To wait and pray from day to day? For a Mother's love's divine.

Like Mary of old on Calvary Hill, With hearts that are bleeding and torn, They are giving up the best in their lives When they give up the sons they've borne— The boys they have watched with love and pride As from year to year they grew; As they grew to manhood at every stride, So brave and good and true. The Mother would gladly give her life To keep her boy from harm. To take his place in the awful strife When the trumpets sound alarm. But he has been taught to love the flag His fathers bore when he bore; And now's the time when he cannot lag At his country's call to war. That's what the Mothers are doing today, They give up the best in their lives: They give up their sons so strong and brave— To fight for the Stars and Stripes. —Anna Cornelia Farrell.

SPIRITS CHILD FROM SCHOOL

Father, Who Left His Home, Said to Have Made Threats

CHESTER, Pa., June 27.—Representing himself as the father of the child, a man

A \$10.00 HAT FREE

Tell your husband to have his new Summer Suit made here. It will cost only \$14.80. He will get the same fit, style, fabrics and all-around quality he now pays \$25 for and will have enough to buy you a new hat. BILLY MORAN, 1103 Arch St.

Safe Milk

Infants and Invalids HORLICK'S THE ORIGINAL MALTED MILK. Rich milk, malted grain, in powder form. For infants, invalids and growing children. Pure nutrition, upbuilding in whole body. Invigorates nursing mothers and the aged. More nutritious than tea, coffee, etc. Instantly prepared. Requires no cooking. Substitutes Cost YOU Same Price.

Clearance Sale

Our entire display without reserve has been greatly reduced for quick selling. Thrifty women will save money. Dresses \$15 Up. Wide selection of materials and colors. Sport Hats \$5. Many very charming models. Gowns, Blouses, etc., Greatly Reduced. MERCER & MOORE, 1702 WALNUT ST.

Final Clearance Sale

SALE NOW ON. Select Any of Our Summer Models at the Most Startling Reductions While They Last. Every Sale Must Be Final.

- Lot No. 1—LINEN DRESSES. Formerly \$20 ..... at \$13.75.
Lot No. 2 { DRESSES All Materials; wide range of colors..... \$16.50.
SPORT SUITS Were \$25 to \$35...
Lot No. 3—DRESSES All materials; wide selection..... at \$26.50.
Formerly \$37.50 to \$45...
Lot No. 4—DRESSES Formerly \$50 to \$75..... at \$37.50.

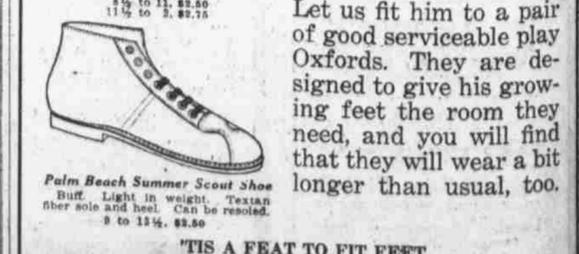
DALSIMER STANDARD SHOES

Sandals and Play Shoes for Playground, Beach and Camp

These styles are just the kind that are needed now. Cool, comfortable, well made, economical.

YOUR Boy probably wears out more shoes than any boy in this town.

At least that is the way it seems to you at times. But that is only because he is so active and sturdy and you wouldn't have him otherwise, would you? Let us fit him to a pair of good serviceable play Oxfords. They are designed to give his growing feet the room they need, and you will find that they will wear a bit longer than usual, too.



'TIS A FEAT TO FIT FEET. Dalsimer, 1204-06-08 Market St. Shoes and Hosiery.